

Diabetes

Prevention & Management



Where we started and where we are heading

Type 1 Diabetes

immune system attacks the pancreas

VS

Type 2 Diabetes

↓
reduced insulin production

↓
body cannot properly use insulin produced

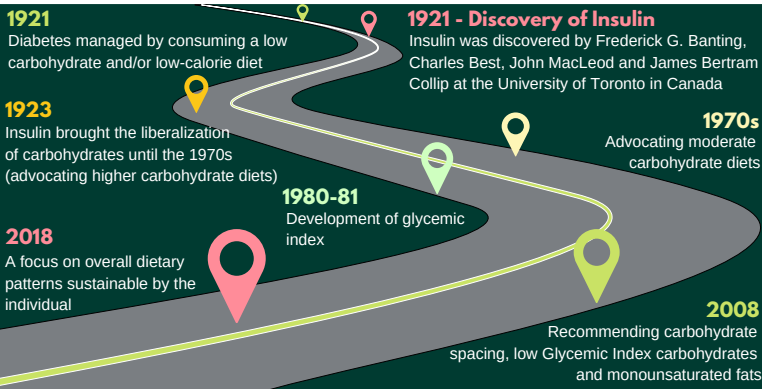
5-10%
of those living with diabetes

reduced number of insulin producing cells
insulin production is insufficient to normalize blood sugar

90-95%
of those living with diabetes

Requires insulin to manage blood sugar

Can be managed with lifestyle changes including diet and physical activity



Prevention and Management of Diabetes

What are some current strategies and considerations?

Diet

A **healthy balanced diet** is a cornerstone of **successful diabetes management**. For example, consume more whole grains, complex carbohydrates, low Glycemic Index foods and healthy fats and less sugar-sweetened beverages, saturated fats and highly processed foods.

Individualized Patient Care

A successful nutrition care plan needs to be **safe**, **effective** and **sustainable**. Seek support from a Registered Dietitian who can help create a culturally relevant, enjoyable and sustainable nutrition care plan.

Cultural Awareness

It is important for health professionals to consider a patient's **cultural** and **linguistic backgrounds**, as well as identify food preferences and aversions. This can inform interventions and identify local and community resources to help patients improve their food choices.

Behavioural Change

Use practices such as **mindfulness**, **goal setting** and **self-monitoring**. Engage in regular physical activity, healthy eating and sleeping behaviours.

Technology

The use of **mobile applications**, **glucometers** and **flash/glucose monitoring** can improve nutrition and diabetes self-management and care.

Key Message!

One size does **NOT** fit all. Healthy dietary and lifestyle patterns should be consistent with an individual's values, goals, and preferences.

